What's happening

January/February 1987
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-Laurel Heights Events

All events held at 3333 California St. Auditorium unless otherwise noted. Free parking available (enter from California St.). Call 476-3206.

Tues., Jan. 6-Feb. 3: **Freedom From Smoking Program.** Designed to help smokers permanently kick the habit. Dean's Room. 5:30 p.m. $35. Cosponsored by UCSF Office of Public Service Programs and the American Lung Association of SF. Call 543-4410.

Wed., Jan. 21: **Free community health talk: New Developments in Controlling Chronic Pain.** 7:30 p.m.

Sat., Feb. 7: **CAL Musical Panoramas: UCSF's Denny Zeitlin with Peter Donald & Joel DiBartolo, a jazz trio.** $8. 8 p.m.

Wed., Feb. 25: **Free Community Health Talk: Tay-Sachs, the Latest Information.** 7:30 p.m.

Community Health Education Programs

Sponsored by UCSF Office of Public Service Programs, these free lectures are geared to senior citizens and are held at senior & community centers all over the city. Topics include cancer, arthritis, food safety, osteoporosis, blood pressure & treatment, circulation & vascular problems, understanding your medication, as well as diabetes, health safety & mobility, hearing, pain management, and first aid. For further information call 476-3206.

Brown Bag Tours/ Lecture Series

All lectures are free and held on Wednesdays at noon in Room 300 Health Sciences West (enter through 513 Parnassus). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. For further information call 476-4394.

Jan. 7: **Flexibility, Spontaneity & You.** On being more successful with your relationships, work & finances.

Jan. 14: **From Memphis to San Francisco.** The legacy of Dr. Martin Luther King, Jr. is alive & well in the Bay Area. (Part of Martin Luther King Week.)

Jan. 21: **How to Win Your Next Promotion in One Year or Less.** It may be easier than you think.

Jan. 28: **From Burnout to Balance.** Achieving self-renewal & optimal performance: self-management in a world of stress.

Feb. 4: **Radial Keratotomy.** Pros & cons of new operations to replace eyeglasses.

Feb. 11: **Yourself & Type A Behavior.** How you refer to yourself may increase your risk of heart disease.

Feb. 18: **Setting Your Priorities.** Acquire the personal power to manage your life on a daily basis.

Feb. 25: **Which Critic Can you Trust?** The inside story: Why many in the audience often disagree with theatre critics.

Campus Tours

All tours are free and take place at 1 p.m. on Tuesdays, January 6, 13, 20, 27 and February 3, 10, 17, 24. Meet in the lobby of Medical Sciences building, 513 Parnassus. For further information call 476-4394.

New Volunteer Orientation

To acquaint new & prospective volunteers with opportunities available in the Medical Center at UCSF. Please join us if you are interested in exploring a rewarding volunteer opportunity or call 476-1196.

Tues., Jan. 13: Rm. 303, Health Sciences West (enter through 513 Parnassus). 1-3 p.m.

Tues., Jan. 27: Rm. 213, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

Mon., Feb. 9: Rm. 285, UC Hospital Bldg., 533 Parnassus. 1-3 p.m.

Tues., Feb. 24: Rm. 213, Clinical Sciences Bldg., 521 Parnassus. 6-8 p.m.

Self Defense Workshops

Easy-to-learn physical techniques, verbal and body language skills, plus how to deal with the emotional and physical issues of self defense. Call 476-5683.

UCSF-Laurel Heights Public Hearing Jan. 7

A formal public hearing to receive comments on the draft Environmental Impact Report for UCSF-Laurel Heights hazardous material transport. UCSF-Laurel Heights Auditorium. 7 p.m. (See front page for details.)

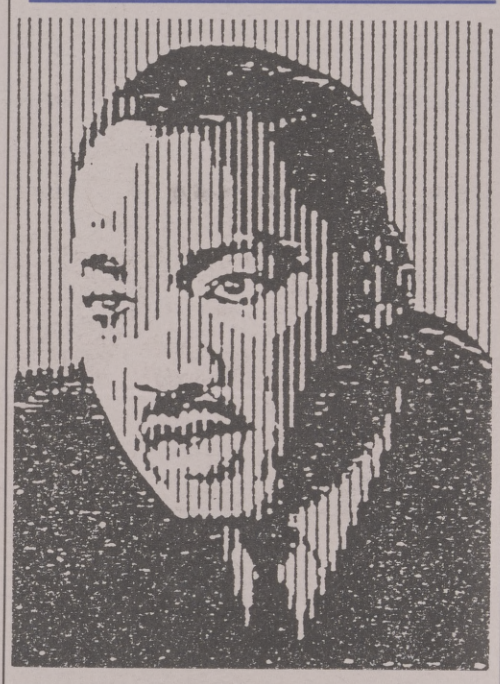
Special Events

Wed., Jan. 14: **Free Community Health Talk: Cultural Aspects of Women's Sexuality in Mid-Life.** Toland Hall, 533 Parnassus. 7:30-9 p.m. Free parking available. Call 476-3206.

Wed., Jan. 14: **Chancellor's Distinguished Lectureship for the Public Understanding of Science: Words of Art: Science Writing as Literature.** Jon Franklin, Pulitzer-Prize winning science writer. Cole Hall, 513 Parnassus. 3 p.m. Call 476-2557.

Wed., Feb. 11: **Twilight Concert: Stuart Fox, classical guitarist & lutenist.** Faculty/Alumni House, 745 Parnassus. Reception 5 p.m.; concert 5:45-7 p.m.

Fri. & Sat., Feb. 27 & 28: **Children's Dental Health Faire.** UCSF dentists and dental hygienists will help provide free oral health exams for children. Academy of Sciences, Golden Gate Park. 10 a.m.-3 p.m. Sponsored by the California Dental Hygienists Association. Call 753-2459.



Martin Luther King Week

A series of noontime events celebrating the life of Dr. Martin Luther King, Jr., on the anniversary of his birth.

Tues., Jan. 13: A lecture by Harry Edwards, author & UC-Berkeley sociologist. Cole Hall, 513 Parnassus.

Wed., Jan. 14: **From Memphis to San Francisco.** SF Supervisor Willie B. Kennedy. Rm. 300, Health Sciences West (enter through 513 Parnassus).

Thurs., Jan. 15: **A Birthday Celebration.** Refreshments & music featuring **A Tribute to the Finest: Black Women in Song.** Betty Blount, jazz singer & Ted Pinkston, pianist. Millberry Union lounges, 500 Parnassus.

Black History Month

UCSF Committee on Arts & Lectures is co-sponsoring in February a month-long celebration of black history, music, art and community commitment. Highlights will include a keynote address by UC Regent Yvonne Braithwaite Burke, a dance with Orquesta Batachanga, an art exhibit of black artists from the campus & community, gospel choirs, jazz groups, crafts display, a symposium on "Blacks in Nursing, Then & Now," and more. Times & places to be announced. Call 476-2542 for information.

Art Exhibits

Hospitals Auxiliary Exhibit: On display for the month of January in the lobby of Moffitt/Long Hospitals, 505 Parnassus, are animal photography, silkscreens & Egyptian oil paintings. On display during February will be watercolors, oils, Chinese brush painting & European color scenery photographs. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, visit the Auxiliary Office, Rm. 182, Moffitt Hospital, 505 Parnassus, 9 a.m.-4 p.m. or call 476-4906.

Faculty/Alumni House Exhibit: On display through February are batik tapestries by Jillian Tyrell. Faculty/Alumni House, 745 Parnassus. 8 a.m.-4:30 p.m. Call 476-4723.

Mobile Mammography Screening Program

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $40. To make an appointment call 990-0459 or 476-2193 between 9 a.m. and 3:30 p.m.

The van will be at the following locations during January and February:

- Jan. 5-9: Sunset District, Irving St. between 25th & 26th Aves.
- Jan. 12-16: Marina Green parking lot, Ft. Mason & Marina Blvd.
- Jan. 20-23: Fireman's Fund employees in Novato.
- Jan. 26-28: Richmond District, 7th Ave. between Geary & Clement.
- Jan. 29-30: Hills Bros. Coffee employees at Harrison & Mariposa Sts.
- Feb. 2-6: Embarcadero, on Drumm St. between Sacramento & Clay.
- Feb. 9-13: UCSF Laurel Heights parking lot, 3333 California St.
- Feb. 17-20: Diamond Heights Blvd. near Safeway.
- Feb. 23-27: Westlake Shopping Center, Park Plaza Drive next to Safeway.

Women's Resource Center Events

Tues., Jan. 27: **Women — For America, For the World.** Women confronting the arms race. Film & discussion with the producer Vivienne Verdon. Toland Hall, 533 Parnassus. Noon-1 p.m. Call 476-5836.

Cole Hall Cinema

All films are shown in Cole Hall, Medical Sciences building, 513 Parnassus. Children under 14 $2; UCSF students, seniors & Millberry Union members $2.50; general $3. Call 476-2571.

Thurs., Jan. 8: **Ruthless People.** 5:45 p.m.

Fri., Jan. 9: **Ruthless People.** 6:30 & 8:45 p.m.

Thurs., Jan. 15: **Top Gun.** 5:45 p.m.

Fri., Jan. 16: **Top Gun.** 6:30 & 9 p.m.

Thurs., Jan 22: **Blue Velvet.** 5:45 p.m.

Fri., Jan. 23: **Blue Velvet.** 6:30 & 9 p.m.

Thurs., Jan. 29: **Nothing in Common.** 5:45 p.m.

Fri., Jan. 30: **Nothing in Common.** 6:30 & 9 p.m.

Thurs., Feb. 5: **Stand by Me.** 5:45 p.m.

Fri., Feb. 6: **Stand by Me.** 6:30 & 8:30 p.m.

Thurs., Feb. 12: **Aliens.** 5:45 p.m.

Fri., Feb. 13: **Aliens.** 6:30 & 9:30 p.m.

Thurs., Feb. 19: **My Beautiful Laundrette.** 5:45 p.m.

Fri., Feb. 20: **My Beautiful Laundrette.** 6:30 & 8:30 p.m.

Thurs., Feb. 26: **Dim Sum, A Little Bit of Heart.** 5:45 p.m.

Fri., Feb. 27: **Dim Sum, A Little Bit of Heart.** 6:30 & 8:45 p.m.

Rape Prevention Education Program

For information & registration call 476-5222.

Tues., Jan. 13-Mar. 31: **Support Group for Sexual Assault Survivors.** 5-6:30 p.m. Sliding scale fee $5-$40 per session. Register by Jan. 6.

Thurs., Jan. 22: **The Confrontation: Alternatives when Dealing with Rape.** Film showing. Toland Hall, 533 Parnassus. Noon-1 p.m.

Sat., Jan. 24: **Self Defense for Children.** A class for girls & boys aged 7-10. Lucia Child Care Study Center, 610 Parnassus. 10:30 a.m.-2 p.m. Cost $15.

Nursing Services Courses

For further information call 476-2993.

Mon., Jan 12: **Skin & Wound Care.** Auditorium, Langley Porter Psychiatric Institute, 401 Parnassus.

Thurs., Jan. 15: **Advanced Concepts in Preceptorship/Mentorship.** Rm. 729, School of Nursing Bldg. (enter through 521 Parnassus).

Mon., Jan. 26: **Leadership & Corporate Culture Image.** Rm. 729, School of Nursing Bldg. (enter through 521 Parnassus).

Mon., Jan. 26: **Comprehensive Central Line Management.** Rm. 705, School of Nursing Bldg. (enter through 521 Parnassus).

Outdoors Unlimited

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoor adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m. Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure listing all events call 476-2078.

PRO: Recreation & Fitness Program

Over 100 classes offered quarterly in areas of exercise, stress management, massage & relaxation skills, dance, sailing, self improvement & education. For further information and a free brochure listing winter quarter classes including circuit weight training, children's athletics and more, call 476-1800. Register for winter quarter courses at Millberry Union Pool Desk, 500 Parnassus, from 7 a.m. to 2 p.m. & 4-7 p.m., as follows:

Tues., Jan. 6: UCSF students & Millberry Union members for adult & children's classes.

Wed., Jan. 7: UCSF employees & general public for children's classes.

Thurs., Jan. 8: UCSF employees & general public for adult classes.

Folk Dancing

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus. 1:05-2:30 p.m. $2.

CAL Film & Reading Group Meetings

Held once a month to discuss selected books and films. Board of Governors Room, Millberry Union, 500 Parnassus. Call 476-2542.

Thurs., Jan. 8 & Feb. 12: **CAL Film Group Meeting.** 5:45 p.m.

Tues., Jan. 27 & Feb. 24: **CAL Reading Group Meeting.** 6:30 p.m.

Overeaters Anonymous Meetings

Held every Monday from noon-1 p.m. in Rm. 417, School of Nursing Bldg. (enter through 521 Parnassus). Call Dolores Phillips at 929-8651.

Massage Service

Millberry Union has opened a beautiful new massage studio & expanded its hours. The new room has soft lighting, heat, music & a soothing environment. Massages are offered Mon., Tues., Wed. & Fri. 8 a.m-8:30 p.m.; Thurs. 11 a.m.-8:30 p.m.; Sat. 9 a.m.-7:30 p.m.; Sun. 1:30-6:30 p.m. UCSF students, Millberry Union members & seniors $11 half hour, $19 hour; general $15 half hour, $21 hour. Gift certificates available. Call 476-1115 or visit the Millberry Union pool desk, 500 Parnassus.

Paths of Healing & Wholeness Seminars

All talks are free and held on Fridays at noon in Rm. 517, School of Nursing Bldg. (enter through 521 Parnassus). Call 476-2542.

Jan. 9: **Traditional Oriental Medicine - Yin/Yang Physiognomy.**

Jan. 16: **Honor Thyselves - A Path to Wholeness.**

Jan. 23: **Healing & Wholeness Group Discussion.**

Jan. 29: **The Transforming Power of Masks.**

To Our Neighbors is produced by the UCSF News and Public Information Services Department. For further information call 476-1541.

UCSF
University of California, San Francisco
...A Health Sciences Campus

Rush—Time Dated
January—February 1987

To our neighbors

University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143-0250

UCSF

A Revolution in the Treatment of Chronic Pain

Dennis Hough's problems began 10 years ago when, in a work-related accident, he landed on his spine, rupturing three lumbar vertebrae. From then on he was plagued by shooting pains in his legs and shoulders so intense he could not stand upright. He rapidly grew tolerant of pain killers, and spent several years seeking relief in a pathetic fetal position.

Then six years ago, Hough, a resident of Alameda, read about deep brain stimulation, a pain-control technique pioneered at UCSF by neurosurgeons Yoshio Hosobuchi, MD, and John Adams, MD, which can rid some patients of chronic pain by the stimulation of electrodes implanted in the brain. Hough received an implant in 1981 and is one of Hosobuchi's resounding successes.

The above is a dramatic example of the success of new treatments for chronic pain that have arisen in recent years, primarily as a result of basic laboratory discoveries of how the body perceives and responds to pain.

UCSF neurobiologist Allan I. Basbaum discussed these major world-wide breakthroughs in the last few years in treating chronic pain in a talk that opened the annual meeting of the Society for Neurosciences. Basbaum is part of a UCSF team that has the only NIH grant in existence to study mechanisms of pain.

The new treatments cover a wide range of approaches, from Hosobuchi's deep brain stimulation and nerve stimulation by electrodes placed on the skin, to nervous system blockers, pain killers derived from hot peppers, and synthetic analogues of the body's own pain killers. Basbaum and his colleagues, including rheumatologist Jon Levine, contributed to many of these new advances.

Volunteers Needed for Teenage Study

The Division of Family and Community Medicine at SFGH is looking for families with teenagers to participate in a study on family development processes. The researchers will study the characteristics of families with adolescents who do not have problems with delinquency, school, drug and alcohol abuse, suicide, or other problems. Another study already recruited families with teenagers who are drug users. To be eligible, a family should have one or two parents and at least one adolescent. For further information contact Nicole Way, 821-8611.

Young Girls Dieting in Alarming Numbers

Adolescent and preadolescent girls—even as young as nine years—are dieting in alarming numbers, according to a new study by UCSF researchers.

About half of the 9-year-old girls and close to 80 percent of the 10- and 11-year olds in the study reported dieting to lose weight, said nutritionist Laurel Mellin, MA, RD, at the annual meeting of the American Dietetic Association.

The research project involved nearly 500 girls in grades 4 to 12 in San Francisco schools. Study results showed the incidence of dieting leveled off to 65 to 71 percent in girls ages 12 to 16, but then shot up again to 89 percent at age 17 and 85 percent at age 18.

''These results, which are both surprising and alarming, underscore the need for preventive education in the very early school years, possibly even preschool,'' Mellin said. ''Disordered eating potentially compromises nutritional status, and during childhood and adolescence it can have severe consequences on growth and development.''

Help for the Traumatized

Serious life events, such as rape, robbery, automobile accident, divorce or death of a loved one, can leave a person distressed or numbed for many months, sometimes years.

UCSF's Stress Clinic at Langley Porter offers treatment to help people work through implications of the event so that they can again function as they did before the trauma occurred. For further information contact Elizabeth Rutzick, MSW, 476-7513, weekdays, 8 a.m. to 5 p.m.

Punch, Judy and You

Do you remember how frightened you were the first time in a hospital? Imagine how scary it is for a young child who is scheduled to undergo surgery. If you would like to help ease that fear and anxiety, why not join The UCSF Puppet Therapy Program?

Puppet Therapy is designed to familiarize pediatric patients with hospital procedures and treatment. Volunteers, all 18 years of age or older, use hand puppets and miniature hospital equipment in their shows and meet with each child individually. For further information call 476-1196.

UCSF
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To our neighbors

January/February 1987
A summary of recent news stories from the University of California, San Francisco . . . A Health Sciences Campus.
Volume 12, Number 1

"Thunderclap" Headaches are Warnings

More than 4 million people are walking around with unsuspected brain aneurysms—areas where the artery wall balloons because of a weakness in the blood vessel.

No one knows what percentage of these people are at risk of a rupture that would flood the brain with blood, but for most the only warning sign of an impending and possibly fatal rupture will be a sudden, painful ''thunderclap'' headache.

Though there may be other causes, UCSF neurologist Neil Raskin, MD, cautions that all these headaches should be treated as a forewarning of an imminent rupture.

In a paper in the British journal *Lancet*, Raskin and UCSF neurologist John W. Day, MD, PhD, reported on a patient who suffered repeated thunderclap headaches as a result of a dangerous though unruptured aneurysm, yet who had no detectable blood in the first two samples of spinal fluid.

''The big question has always been, if there is no blood in the spinal fluid, does that mean the headache was benign? Raskin said. ''But no one knows if aneurysms always leak before they rupture.

''We have established a precedent that they need not leak.''

Raskin recommends that patients who experience this type of headache be given a more complex and invasive brain scan, called an angiogram, to check for possible aneurysms.

Public Hearing on UCSF-Laurel Heights Draft EIR, Jan. 7

A formal public hearing to receive comments on the draft Environmental Impact Report for UCSF-Laurel Heights hazardous materials transport will be held on Wednesday, January 7, at 7 p.m. in the auditorium at 3333 California St. The draft EIR addresses concerns on the transport of hazardous materials and waste to and from the Laurel Heights campus. Copies of the report, which were distributed on December 19, can be obtained from Barry Clagett, Resource Management & Planning Office, UCSF, 145 Irving St., SF, 94143. For further information call 476-2911.

UCSF Surgeon Describes Life-Saving Fetal Surgery

Newly-developed diagnostic techniques allowed a UCSF medical team to determine that a usually fatal kidney defect in a 24-week-old fetus was correctable and the fetus would have a good chance of surviving after birth, said the pediatric surgeon who performed the life-saving surgery. He partially removed the fetus from the mother's womb, operated on the fetus and returned it to the womb.

Ten weeks later, the mother gave birth to a six-pound-two-ounce boy, who now is nearly 18 months old and doing well, said surgeon Michael Harrison, MD, codirector of the UCSF Fetal Treatment Program.

The case, which was reported at the annual meeting of the American Academy of Pediatrics, was that of a 31-year-old woman, who was referred to the UCSF Medical Center in May 1985 after ultrasound tests showed her 22-week-old fetus had an enlarged bladder and kidneys, and she had little amniotic fluid. Without amniotic fluid the lungs of the fetus do not develop.

The UCSF team in 1981 had developed a procedure involving insertion of a catheter shunt through the womb and into the fetal bladder allowing urine to drain into the amniotic sac. The procedure has been performed in over 100 human fetuses around the world.

In this case, however, the team decided that repeated needle aspiration of the fetal bladder, or placement of the catheter, would not provide continuous and adequate drainage during the remaining pregnancy.

The UCSF team developed a technique to test fetal urine for sodium and chlorine concentrations and other patterns that would indicate whether or not the kidneys were already damaged beyond repair. The test showed the fetus still had kidney function. Other tests showed that the fetus was a good risk for surgery and would have a reasonable chance of surviving the pregnancy and after birth.

The Latest UCSF Research on AIDS, New Approach to Therapy

- An exciting discovery by AIDS researchers could lead to a new therapy for AIDS—one that might allow a patient's own immune system to fight the virus, without the use of antiviral drugs.

UCSF researchers Jay A. Levy, MD, Daniel Stites, MD and colleagues reported in the December 19 issue of *Science*, that a subset of the body's T-cells, called suppressor T-cells, appear to be able to control the virus in cell culture and evidently in some patients. The investigators hope that boosting a patient's suppressor T-cells will stop replication of the AIDS virus and delay or arrest the progression to AIDS.

- Other UCSF researchers, in a paper in the December issue of the journal *Clinical Immunology and Immunopathology*, have challenged the prevailing view of how AIDS develops—suggesting that the AIDS virus triggers the illness not so much by invading certain white blood cells but by tricking the body's immune system into attacking itself.

If supported, their hypothesis holds implications for treatment and vaccine development, according to John Ziegler, MD, director of the UCSF AIDS Clinical Research Center at the VAMC.

''If AIDS is an autoimmune disease, we must take care to design a vaccine that doesn't immunize people against their own cells,'' Ziegler cautioned.

- Health-care workers who care for AIDS patients should follow standard infection control guidelines recommended for caring for all patients, a UCSF task force has reported. No special procedures are necessary for working with AIDS patients, the panel concluded.

The special report, published in the December 11 issue of the *New England Journal of Medicine*, is an update of the first infection control guidelines for health care workers dealing with AIDS published in the same journal in 1983.

Practicing What They Preach

Part of the philosophy on the pediatric surgery unit at the Medical Center at UCSF is to incorporate ''care by parent''—encouraging and helping parents to become as involved as possible in their child's care.

The Doan family of Reno, Nevada, provides a good illustration of this philosophy. Three-year-old Sarah Doan was born with a deformed esophagus and has since undergone a series of operations as the problem is being corrected.

Meanwhile, her mother, Linda, has been prompted by the staff to take over in a number of ways—both at home and in the hospital. Since much of Sarah's eating and breathing takes place through tubes, Linda has learned to change the tubes, do suctioning, adjust the amount of oxygen, apply dressings, provide physical therapy and do CPR if she has to.

An important factor in the care-by-parent emphasis, said clinical nurse specialist Lori Howell, is that it helps ease the feelings of alienation and fear parents often feel when their child is ill and subject to hospital care.

(More news items on back page)

Linda Doan and daughter Sarah with primary care nurse Linda Bevington.